

## CLAIMS:

1. An exercise apparatus comprising;
  - (a) an arch-shaped bench having a base for supporting the bench on a ground surface, and
  - 5 (b) a leverage bar suspended below the bench by a pivot connection positioned at a high point of the bench, said leverage bar extending towards both ends of the bench with a first end of the leverage bar extending beyond a first end of the bench and being provided with a weight bar, and
  - 10 (c) gripping handles mounted on the first end of the leverage bar between the first end of the bench and the weight bar, the arrangement and construction being such that a person lying on the bench in a prone position can perform stomach and lower back exercises by gripping the gripping handles and curling their trunk against resistance provided by the leverage bar.
2. Apparatus as claimed in claim 1 wherein the gripping handles are configured to provide optional gripping positions.
3. Apparatus as claimed in claim 1 wherein the gripping handles 20 support a head rest and a leg roll.
4. Apparatus as claimed in claim 1 wherein a second end of the leverage bar supports a counterweight bar.
5. Apparatus as claimed in claim 1 wherein a second end of the bench opposite the first end mounts a pivotable knee roll.
- 25 6. Apparatus as claimed in claim 4 wherein the base of the second end of the bench is provided with a pair of hand grips.
7. Apparatus as claimed in claim 5 wherein the knee roll is height adjustable.
8. Apparatus as claimed in claim 1 wherein a section of the bench 30 adjacent the first end thereof is adjustable on an incline.